

Your Supply Kit

You should have enough emergency supplies for at least 72 hours, on hand:

- **Flashlights with extra batteries:** Do not use matches or candles until you are certain there are no gas leaks.
- **Blankets, clothing and shoes:** Have enough to keep warm. Have sturdy shoes to protect feet from broken glass and other debris.
- **Portable radio with extra batteries.**
- **Pets:** Include food and water for your animals. Remember they may not be allowed at an emergency shelter.
- **Food:** Store a one-week supply of food per person.
- **Special items:** Have at least a week's supply of medications, extra eyeglasses or contact lenses, food for infants and those special diets.
- **First-aid kit and fire extinguisher.**
- **Cash:** Keep some cash on hand; automated teller machines may not be working and stores may not be able to accept checks or credit cards.
- **Alternate cooking source:** May include a barbecue or camp stove. Include matches, hand-operated can opener and heavy duty metal aluminum foil.
- **Water:** Store enough water for each person to have one gallon per day. Store in airtight containers and replace every six months.
- **Shelter and repairs:** A tent if available. Also, a coil of half-inch rope, plastic tape and plastic sheeting to cover damaged windows or walls.
- **Sanitation supplies:** Large plastic bags for trash, waste and water protection. Also make up personal hygiene kits.
- **Tools:** Heavy gloves for cleaning debris. Crescent or pipe wrench to turn off gas and water if necessary. Other tools should include an ax, crowbar, shovel, broom, screwdriver, pliers, hammer, knife or razor blades. Keep a garden hose for siphoning and firefighting.



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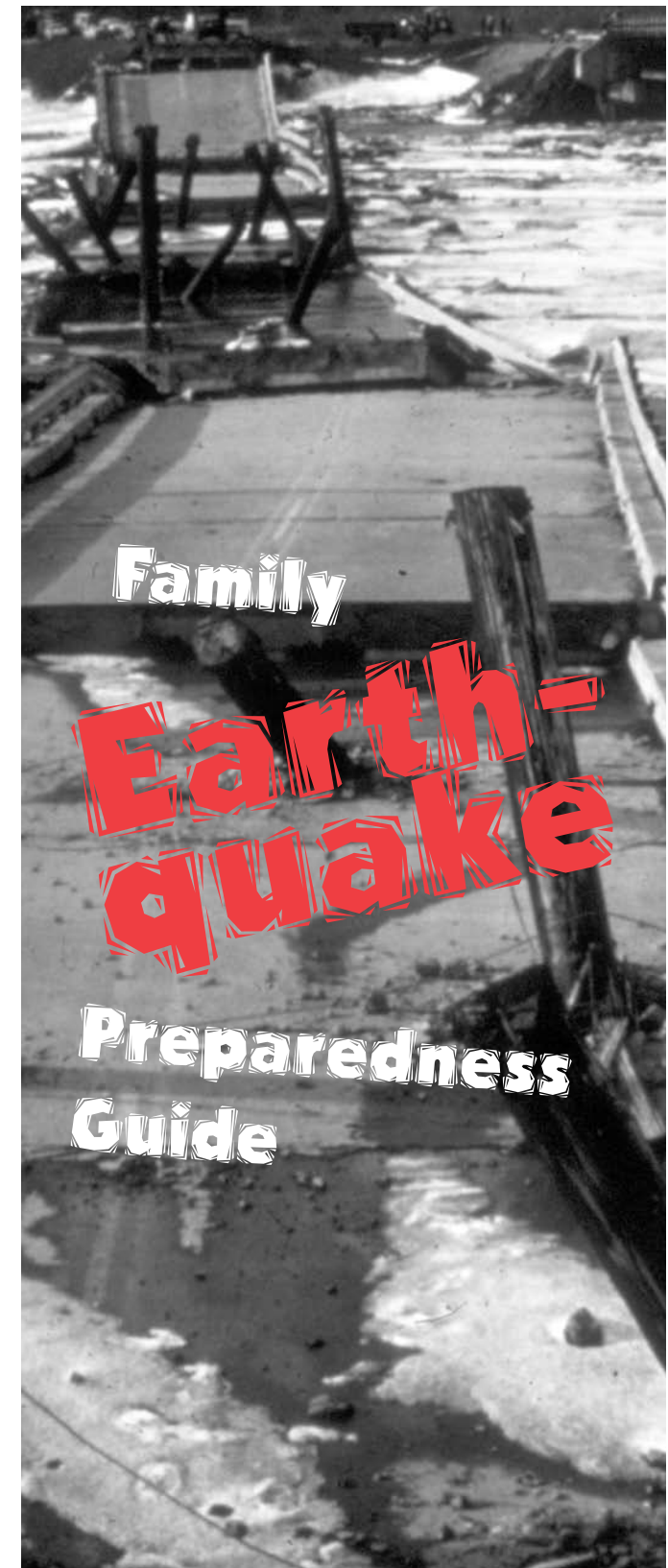
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Family Earth- quake Preparedness Guide

Before

Things to do:

Communications: Decide where your family will reunite if separated. Chose an out-of-state friend whom family members can call to report their whereabouts (avoid using local telephone lines).

Safe spots: Know the ones in your house -under sturdy tables, desks or against inside walls.

Danger spots: Know the ones in your house: windows, mirrors, hanging objects, fireplaces and tall furniture.

First aid: Learn first-aid procedures and cardiopulmonary resuscitation (CPR).

Phone numbers: Keep a list of emergency phone numbers posted.

Utilities: Learn how to shut off gas, water and electricity in case the lines are damaged. But do NOT attempt to relight a gas pilot light; call the utility company.

Appliances: Secure water heater and appliances that could move enough to rupture utility lines.

Storage: Keep breakable and heavy objects on bottom shelves.

Walls: Secure hanging plants and picture frames or mirrors, especially over beds.

Dangerous materials: Keep flammable or hazardous liquids such as paints, pest sprays and cleaning products in cabinets or secured on lower shelves.

Children: Familiarize yourself with the emergency plans of your children's school or day care center. Make back up plans for someone else to pick them up if necessary. Include books and toys in your emergency supplies.

During

Know what to do depending on where you are:

If indoors, stay there:

- Get under a desk or table or stand in a corner.
- Stay away from glass.
- Don't use candles, matches or other open flames during or after the tremor-there may be gas leaks.

If outdoors:

- Get into an open area away from trees, buildings, walls and power lines.
- The greatest danger from falling debris is just outside and close to outer walls.
- Move to an open area if possible.

If driving:

- Pull over to the side of the road and stop.
- Avoid overpasses and power lines.
- Stay inside your car until the shaking is over.
- Be aware of hazards such as fallen or falling objects, downed electrical wires or damaged roadways.

If in a high-rise building:

- Stay away from windows or outside walls.
- Get under a table.
- Do not use elevators.

If in a crowded public place:

- Do not rush for the exit doors.
- Move away from display shelves containing objects that could fall.

After the Quake

An emergency checklist:

Injuries: Check for injuries and apply any needed first aid. Do not move seriously injured people unless they are in immediate danger.

Telephone: Do not use the telephone unless there is a serious injury or fire.

Utilities: Check for gas and water leaks, broken electrical wiring or sewage lines. If there is damage, turn utilities off at the source.

Damage: Check buildings for cracks and damage, including roof, chimneys and foundation.

Water: Check water supplies. Emergency water may be obtained from water heaters, melted ice cubes, toilet tanks and canned vegetables.

Radio: Turn on your portable radio for instructions and news reports.

Windows: Tape any broken windows to secure glass during aftershocks.

Vehicles: Do not use your vehicles unless there is an emergency. Keep the streets clear for emergency vehicles.

Messages: If you evacuate, leave a note telling family members where you are.

If you must evacuate

Post a message inside your home indicating where you can be found.

Take with you: Medicines and a first-aid kit. Flashlight, portable radio and batteries. Important papers and cash. Food, water, sleeping bags and clothes.

Reunion points if separated: List three places where all family members plan to go if they cannot return to their home. If no one is home after a quake, this list will provide you with places to start looking for other family members.

For More Information

Contact your local American Red Cross

Federal Emergency Management Agency (FEMA) 1-800-462-9029

FEMA Help Line 1-800-525-0321

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